



National Nutrient Database for Standard Reference
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Statistics Report 03290, Babyfood, carrots and beef, strained

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.30	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Energy	kcal	59	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/1994
Energy	kJ	247	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2005
Protein	g	3.40	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Total lipid (fat)	g	2.50	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Ash	g	0.70	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Carbohydrate, by difference	g	5.70	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	2.6	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Sugars, total	g	2.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Minerals													
Calcium, Ca	mg	22	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Iron, Fe	mg	0.50	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Phosphorus, P	mg	45	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Potassium, K	mg	226	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Sodium, Na	mg	69	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.80	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Copper, Cu	mg	0.054	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	0.140	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Selenium, Se	µg	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	05/1994
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Riboflavin	mg	0.060	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Niacin	mg	0.930	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Vitamin B-6	mg	0.100	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Folate, total	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1994
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, DFE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	15.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1994
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	723	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta	µg	6813	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	3716	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	14452	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	06/1996
Lycopene	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	139	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	7.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lipids													
Fatty acids, total saturated	g	0.960	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.546	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.285	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	1.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.923	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1994

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1994
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003